

Eating Out Post-test:

1) Planning to eat healthier when eating out would include all of the following except:

- a. Determine the number of calories that you have allotted for that meal.
- b. Plan what you will eat prior to going out to eat.
- c. Plan on choosing an appetizer such as nachos or potato skins when getting to the restaurant if you are really hungry.
- d. Determine the restaurant that you will go to prior to eating out.

2) Strategies to use to help one avoid overeating when eating out would include:

Circle all that would apply:

- a. Skipping either breakfast or lunch if the evening meal is the meal that you are planning to eat out.
- b. Plan your meal ahead of time in order not to have to look at the menu when it is offered.
- c. Ask for a take home box at the beginning of the meal, to remove one-half or more of the meal before eating.
- d. Take the edge off the hunger by having a low calorie snack prior to going out to eat. Example: baby carrots or apple

3) Choose the healthier choice when eating out for both Question A & B: (There will be 2 answers)

- a. Crispy Shrimp Lettuce Wrap or Shrimp Cocktail
- b. Bowl of chicken tortilla soup (broth-based soup) or 1 bowl of cream of tomato basil soup.

4) Ways one could deal with the dinner rolls or chips that are brought to the table include all of the following except:

- a. Ask for the waiter/waitress not to bring the chips or tortilla chips to the table.
- b. Ask the waiter to bring only one roll or a small bowl of chips to the table when they bring your food.
- c. Have the person that you are eating with choose an appetizer as they are concerned about the fact that you want to eat healthier.
- d. If there are others that want the rolls or chips at your table, then plan to sit as far from the appetizer as possible.

5) Who is one that should be in control of what they eat when eating out?

- a. The customer
- b. The waitress/waiter
- c. The restaurant
- d. Other members of your party